



Profiles in Wellness



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About seven years ago, I underwent several major foot surgeries over a period of four years. Throughout my recovery, my mobility was severely limited due to pins protruding from my toes. Physically unable to participate in my usual exercise classes, I became irritable, frustrated and depressed. My posture suffered and my back ached. I empathized with many older adults and persons with chronic conditions that restrict their fitness options.

Desperate to stay fit throughout my recovery periods, I formatted aerobic and resistance movements in a seated and supine (floor) position thereby managing to maintain my basic strength and stamina. Increased circulation (due to exercise) helped ease the pain and aided in the healing process. This experience triggered a career change.

The insight I gained from the struggles of surgical recovery encouraged me to respond to a “new calling”. I became a certified Senior Fitness Instructor with a goal of developing programs for persons with limited mobility, balance issues, chronic ailments, diabetes, etc. who could not or would not partake in conventional exercise. Exercise empowers older adults and improves the quality of their lives. Being proactive and exploring exercise options can change your life!